



Body Weight Workout 4

Use a timer. Start at 40 seconds and work up to 1 minute

- Touchdown Jacks
- Burpee pop up into a switch lunge x 2
- Plie squats
- Single leg burpee w. 4 high knees
- 1,2,3 squat and kick up heels to bum
- Side to side squat with touch down
- Side to side lunge
- Curtsey, 2 pulses/ side knee raise
- Plank, cross leg over and jump in low
- High knees or butt kicks x 4 Mountain climber x 4
- Single leg squat, slowly up and down (right)
- Single leg squat (left)
- Pushups into down dog/inverted shoulder push ups
- Hip drop side plank (right)
- Hip drop side plank (left)
- 1 leg swan dive or 1 leg plank1